

MENU FRIDAY 18TH OF MAY 2012

STARTERS

ITALIAN STYLE FISH SOUP WITH GARLIC CROSTINI	£ 6.50
APPLEBEE'S FISHCAKES WITH MANGO SALSA	£ 6.50
SAUTÉED PRAWNS WITH SHIITAKE MUSHROOMS, SPRING ONION & WHITE WINE	£ 9.50
SEARED SCALLOPS WITH AUBERGINE CREAM & CRISPY PARMA HAM	£ 10.80
DEEP FRIED BREADED WHITEBAIT WITH AIOLI	£ 6.50
MACKEREL FILLET WITH BRAISED RED CABBAGE, PINE NUTS, RAISINS & SWEET CHILLI DRESSING	£ 6.50
STEAMED MUSSELS IN A TOMATO, CHILLI & GARLIC SAUCE WITH TOASTED BREAD	£ 6.80
CAESAR SALAD WITH HOT SMOKED SALMON, PARMESAN & GARLIC CROUTONS	£ 7.00
GRILLED SQUID WITH SWEET & SOUR RED ONION & CHERRY TOMATO CONFIT	£ 10.80
YELLOW FIN TUNA & DIVER SCALLOP SASHIMI WITH PICKLED GINGER & YUZU WASABI DRESSING	£ 11.50

2/3-COURSE SEASONAL SPECIAL: £ 18.50 / £ 22.50

STARTER:	OCTOPUS SALAD WITH RED ONION OR SMOKED HADDOCK & TOMATO SOUP
MAIN:	WHOLE SEA BASS WITH BOILED POTATOES & MIXED VEGETABLES OR GRILLED SKATE WING WITH ROAST POTATOES, MIXED PEPPERS & CAPER BERRIES
DESSERT:	STRAWBERRY & WHIPPED CREAM TART WITH PISTACHIO ICE CREAM

MAINS

APPLEBEE'S MIXED GRILLED FISH PLATTER, <i>A SELECTION OF OUR FINEST FISH & SEAFOOD</i> WITH HAND CUT CHIPS OR CHERRY TOMATO & ROCKET SALAD	£ 19.50
FILLET OF PLAICE IN POPPY SEED BATTER WITH HAND CUT CHIPS & CRUSHED PEAS	£ 13.60
YELLOW FIN TUNA STEAK WITH BEAN SPROUTS SAUTÉED IN SOY SAUCE	£ 19.50
GRILLED TURBOT FILLET WITH CRUSHED POTATOES & A SAFFRON MUSSEL SAUCE	£ 24.50
WHOLE SEA BREAM WITH MIXED LEAVES & LEMON	£ 14.60
PRAWNS, SCALLOPS & ASPARAGUS LINGUINE WITH PISTACHIO PESTO	£ 14.20
GRILLED HAKE FILLET WITH MIXED SEAFOOD & LOBSTER BROTH	£ 16.80
HORSERADISH & POTATO CRUSTED LOCH DUART SALMON FILLET WITH PAK CHOI	£ 14.50
LOBSTER & SCALLOP RAVIOLI IN A SAFFRON SAUCE WITH FRESH TOMATO	£ 17.50
GRILLED MONKFISH WITH ROASTED PUMPKIN & POTATO WITH CHILLI MARMALADE	£ 23.50
GRILLED COD FILLET WITH BRAISED BORLOTTI BEANS & CHORIZO	£ 15.50
MIXED SEAFOOD RISOTTO WITH TOMATO SAUCE	£ 13.80
GRILLED SWORDFISH STEAK WITH MIXED VEGETABLE COUS COUS & SALSA VERDE	£ 16.00

SIDE ORDERS £ 3.50

HAND CUT CHIPS	TOMATO & ONION SALAD	ROAST POTATOES
MIXED VEGETABLES	FRIED ZUCCHINI	MIXED SALAD
SAUTÉED SPINACH (£ 4.50)	BOILED POTATOES	ROCKET & CHERRY TOMATOES
MASHED POTATOES	CRUSHED PEAS	SAUTÉED PAK CHOI